

Module 4: Personal Fitness Plan
Topic 2 Content: Setting Goals Notes

Introduction



Goal Setting

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Why Set Goals?



Why Set Goals? Setting goals gives you a sense of direction in life. When you are creating a personal fitness program, it is important to begin by setting fitness goals. Setting goals allows you to establish focus. Remember that you want to be able to visualize yourself achieving the goal.

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Why Set Goals?



By setting fitness goals, you give yourself the motivation you need to keep moving. Motivation is a reason or incentive to do something. Setting goals can also boost your self-esteem, which means having confidence and satisfaction in yourself. When you work hard to achieve a goal, your self-esteem is increased significantly.

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Short-Term and Long-Term Goals



There are two categories of goals: short-term goals and long-term goals. Short-term goals are goals that can be achieved in the near future. You can set short-term goals by day, week, or month. For example, you might set a short-term goal to jog for at least twenty minutes tomorrow. Long-term goals are goals that can be achieved over time. You can set long-term goals by weeks, months, or years.

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Short-Term and Long-Term Goals



As a long-term fitness goal, you might plan to run a marathon in eight months. Setting short-term goals can help you achieve your long-term goals. Sometimes, if you just set one long-term goal, the vision of completing that goal can seem out of reach. Setting short-term goals and attaining them can provide a feeling of success. This feeling of success can motivate you to keep working toward your long-term goal.

Think back to the short-term goal of jogging for at least twenty minutes tomorrow. If you keep setting similar short-term goals, you are preparing yourself for the long-term goal of running a marathon in eight months.